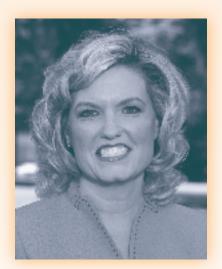## What is domestic violence?

Domestic violence is the intentional use or threat of physical force by a member of a family or household, boyfriend or girlfriend, member of a former relationship, relative, or in-law against another member of the same family or household.

Battery involves repeatedly subjecting a person to forceful physical, social, and psychological behavior in order to coerce without regard to a person's rights.

What you can do to take action

If you are in imminent danger, call the police immediately. If you need someone to talk with, women's centers and shelters in the area offer a variety of services.

If you know someone who is being abused, offer your help and empathy, assure her she is not alone, and tell her she does not deserve to be abused. Encourage an abused woman to imagine life without her batterer, and help her picture the steps she must go through to cope with life on her own.

Compliments of
Cathleen Galgiani
Assemblymember, 17th District

District Offices:
31 East Channel Street, Suite 306
Stockton, CA 95202
(209) 948-7479

806 West 18th Street
Merced, CA 95340
(209) 726-5465
Fax: (209) 726-5469

Capitol Office:
State Capitol, P.O. Box 942849
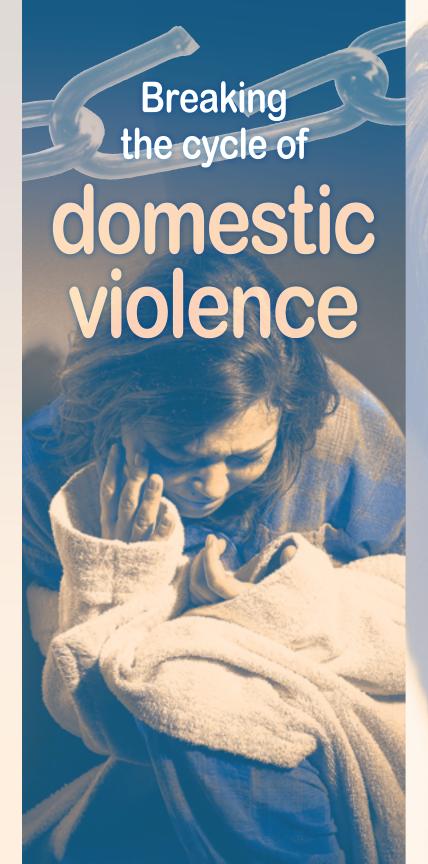Sacramento, CA 94249-0017
(916) 319-2017
Fax: (916) 319-2117

E-mail:
assemblymember.galgiani@assembly.ca.gov

Website:
www.assembly.ca.gov/galgiani

Assembly Website:
www.assembly.ca.gov

Breaking the cycle of domestic violence

Types of Interpersonal violence

* **PHYSICAL VIOLENCE:** slapping, choking, punching, kicking, pushing, pulling hair, biting, and spitting. It also includes the use of objects as weapons, forced sexual activity and the harming of sexual parts of the body.

* **PSYCHOLOGICAL AND SOCIAL VIOLENCE:** threats of harm, physical isolation of the person, mental degradation, and threats to harm children.

* **ECONOMIC VIOLENCE:** withholding of money, the denial of access to money or a bank account, and the withholding of the use of facilities, such as a car.

California State Assembly

Cathleen Galgiani
Assemblymember, 17th District

Dear Friend:

Three to four million women are abused each year. One out of every 15 relationships experience the sort of violence that will send the victim to the hospital. Domestic violence is not a class issue or an economic issue. Rather than being an isolated event, domestic violence tends to recur and to increase in severity over time. Its long-term effects on children and families are devastating. Without intervention, the most common results of domestic violence are divorce and death.

Your awareness can help diminish the damages caused by domestic violence on today's families. Because victims are often socially and geographically isolated, as well as financially dependent, many victims live out their lives in fear, unaware that help is available. Today, communities are responding to the special needs of these victims, helping them develop the skills necessary to make it on their own. Concerned persons are ready to help with emotional support and understanding. Victims need to be aware of their options, and break these cycles of domestic violence.

If you, or someone you know, is a victim of domestic violence, you should become aware of available services. Knowing what to do and where to turn can mean a world of difference in making a bad situation better.

Sincerely,

Cathleen Galgiani

Cathleen Galgiani
Assemblymember, 17th District

If you **choose to leave**

Leaving an abusive relationship is difficult enough without leaving behind important papers and items necessary for routine daily life:

LEAVING CHECKLIST
- Divorce papers.
- Lease or rental agreement or house deed.
- Mortgage payment booklet.
- Current unpaid bills.
- Insurance papers.
- Address book.
- Pictures and other items of sentimental value.
- Children's favorite toys, blankets or other items.
- Identification.
- Birth certificates for yourself and children.
- Social Security cards.
- School records.
- Medical records.
- Bankbooks.
- Credit cards.
- Keys for car, house and work.
- Medications and prescriptions.
- Change of clothing.
- Welfare or other identification.
- Passports, green cards or work permits.

If you **choose to stay**

Domestic violence professionals say a restraining order is one tool to use toward personal safety, but a battered woman should follow up with other precautions:

STAYING CHECKLIST
- Change the locks.
- Install a security system, smoke alarms and an outside lighting system.
- Pre-program emergency numbers into the telephone, including 911.
- Notify neighbors about the restraining order or separation, and ask them to call police immediately if they see the abuser near the home.
- Tell those who care for your children, and make sure they know those who have authorization to pick up the kids.
- Avoid banks, stores, and other places that you frequented when living with the batterer.
- Notify work, and try to arrange for your calls to be screened.
- Report abuse of restraining order immediately, even if it seems innocuous, such as a telephone call or letter.

Superior Court orders for relief

As a victim, you have the right to go to the Superior Court and file a petition requesting any of the following orders for relief:

- Restraining the attacker from abusing the victim and other family members.
- Directing the attacker to leave household.
- Preventing the attacker from entering the residence, school, business, or place of employment of the victim.
- Awarding the victim or the other parent custody of, or visitation with, a minor child or children.
- Restraining the attacker from molesting or interfering with minor children in the custody of the victim.
- Directing the party NOT granted custody to pay support of minor children, if that party has a legal obligation to do so.
- Directing the defendant to make specified debit payments coming due while the order is in effect.
- Directing one or both parties to participate in counseling.

To report **domestic violence:**

A Woman's Place of Merced County .... **(209) 722-4357**

Heaven Women's Center of Stanislaus............................. **(209) 576-0659**
Toll Free **(800) 834-1990**

National Domestic Violence Hotline .... **(800) 799-7233** English/Spanish

National Crisis Line..**(800) 834-1990**